



Brûléed Mashed Sweet Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 4 pounds sweet potatoes hot mashed
- ☐ 0.8 cup milk whole

Equipment

- ☐ bowl
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients in a bowl. Spoon potato mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Sprinkle 1/2 cup brown sugar evenly over top. Broil 2 minutes or until sugar melts.
- ☐ Let stand until melted sugar hardens (about 5 minutes).

Nutrition Facts



Properties

Glycemic Index:15.79, Glycemic Load:13.11, Inflammation Score:-10, Nutrition Score:10.645652130894%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.85kcal (8.54%), Fat: 2.92g (4.5%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 30.52g (11.1%), Sugar: 13.68g (15.19%), Cholesterol: 8.02mg (2.67%), Sodium: 180.8mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin A: 18482.31IU (369.65%), Manganese: 0.35mg (17.34%), Fiber: 3.91g (15.64%), Vitamin B6: 0.28mg (14.11%), Potassium: 467.76mg (13.36%), Vitamin B5: 1.1mg (10.99%), Copper: 0.2mg (9.99%), Magnesium: 34.79mg (8.7%), Phosphorus: 75.21mg (7.52%), Vitamin B1: 0.11mg (7.24%), Calcium: 62.64mg (6.26%), Vitamin B2: 0.1mg (5.77%), Iron: 0.85mg (4.73%), Vitamin C: 3.11mg (3.77%), Vitamin B3: 0.75mg (3.73%), Folate: 14.44µg (3.61%), Zinc: 0.45mg (2.99%), Vitamin E: 0.41mg (2.76%), Vitamin K: 2.59µg (2.47%), Selenium: 1.15µg (1.65%), Vitamin B12: 0.08µg (1.26%)